IMMIGRANT'S HANDBOOK

Guide with basic information for immigrants in the city of São Paulo

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WELCOME

Welcome to the city of São Paulo, one of the largest and most diverse metropolises in the world, marked by the **coexistence of multiple cultures**, languages, traditions, and lifestyles. Throughout its history, peoples from different continents have contributed to the formation of neighborhoods, urban landscapes, culinary practices, and artistic expressions that make the city a plural and constantly renewing environment. This diversity creates a **welcoming space** for those arriving, allowing immigrants to find communities, support networks, and opportunities for social participation.

Although the city has a fast pace, understanding it becomes easier when one gets to know its **public services, transportation systems, social structures, and available support mechanisms**. In this guide, you will find an **overview of the city and elements that will help with everyday adaptation**. São Paulo is a city of encounters, broad cultural possibilities, and a strong tradition of hospitality that expands as new communities establish themselves and strengthen the urban social fabric.

Sincerely,

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DOCUMENTS FOR REGULARIZATION

To apply for the National Migration Registration Card (CRNM), present:

- **Specific application form**, filled out electronically on the Federal Police website;
- **Identity document or equivalent official document**, if available;
- **Proof of payment of the CRNM issuance fee** (R$ 204.77), obtained after generating a Union Collection Guide (GRU);
- **Birth certificate, marriage certificate, or consular certificate**;
- **Recent 3x4 photo**, if the Federal Police biometric system does not include your photo;
- **Other specific documents**, depending on your migration category;
- Detailed and updated information is available on gov.br and the Federal Police website.

CPF, WORK CARD, AND PUBLIC SERVICES

1. Individual Taxpayer Registry (CPF): tax identification number in Brazil. It is required to open a bank account, work, rent housing, access public services, among others.

- Apply **online**, free of charge, via the Federal Revenue website;
- Fill out the **electronic form** and attach your identity document and proof of residence or legal stay in Brazil;
- You can also apply **in person** at Federal Revenue offices, Post Offices, Banco do Brasil, or Caixa Econômica Federal branches (a fee may apply).

2. Work Card (CTPS): mandatory for formal employment in Brazil, guaranteeing labor rights and benefits.

- Simply download the app "Digital CTPS" on your cellphone;
- Create your gov.br aacount online;
- After registration, the Card is generated automatically;
- **Documents needed:** identity card, CPF, CRNM or protocol of the solicitation of the CRNM.

3. Access to public services:

a) Unified Health System (SUS): free and universal. To obtain your SUS Card:

- Go the closest Unit of Basic Health (UBS);
- Present an identity card;
- Inform an address in Brazil (permanent, provisional or a document proving residence).

b) Public education: Children and adolescents have the right to enroll in public schools, even without full documentation. For school enrollment, the following are required:

- Child's identification document (if available);
- Parents' or guardians' documents;
- Proof of address;
- School transcript, if available. If not, the school will conduct an evaluation.

Adults can also attend EJA (Youth and Adult Education).

c) Social Assistance – CRAS: Immigrants can access social programs, protection services, and psychological and social support at the Social Assistance Reference Centers (CRAS).

- It is possible to obtain the NIS (Social Identification Number), required for some social programs.
- Programs may require CPF, address, and, in some cases, CRNM or a protocol.

HEALTH SYSTEM: UBS, UPA, AND PUBLIC HOSPITALS

1. UBS – Basic Health Unit

Initial SUS care, where general medical consultations are offered, such as clinic visits, vaccinations, prenatal care, monitoring of chronic diseases, simple procedures, rapid STI and HIV testing, cytological exams, and the distribution of medications prescribed by a doctor. To find the nearest UBS to your residence, visit: https://buscasaude.prefeitura.sp.gov.br/.

2. UPA – Emergency Care Unit

At UPA, care is provided for **intermediate emergencies** such as constantly high fever, strong pains, shortness of breath, fractures and light falls without imminent risk of death.

3. PUBLIC HOSPITALS

In hospitals, care is provided for serious emergencies, hospitalizations, surgeries, and complex exams that require hospital structure.

EDUCATION: ENROLLMENT IN SCHOOLS AND PORTUGUESE COURSES

1. Enrollment of children and adolescents in public schools

Migrant children and youth have the right to study in Brazilian public schools, even if they do not yet have all documents or are in the process of regularization.

How to enroll:

- Go to the nearest school or Municipal/State Department of Education;
- Present available documents such as the child's identification, parent/guardian's identification, proof of address, school transcript, and vaccination card (if available).

2. Youth and Adult Education (EJA)

Adults who have not completed basic education in their home country can study for free through EJA.

- Offered by public schools.
- Classes are held at night or with flexible hours.
- Allows completion of elementary and high school education.

Go to a school offering EJA or the Municipal Department of Education to check schedules and vacancies.

3. Recognition of studies completed abroad

Migrants who have completed education levels abroad can request validation in Brazil.

- **School levels (up to high school):** requested through the Department of Education.
- **University degrees:** undergo a validation process at authorized Brazilian universities.

4. Portuguese courses for migrants

a) **Public courses** offered by:

- Educational institutes and universities;
- City and State Departments of Education;
- CRAS and cultural centers.

b) Civil society organizations:

- Migrant associations, churches, NGOs, and local collectives;
- **Examples:** Cáritas, Jesuit Service for Migrants and Refugees (SJMR), religious missions, cultural associations, and partner universities.

c) Free online courses:

- AVAMEC platform (federal government);
- Literacy and basic Portuguese materials are available for free at gov.br and digital libraries.

MUNICIPAL SERVICES: SOCIAL ASSISTANCE AND SUPPORT FOR IMMIGRANTS

The city of São Paulo has a dedicated public network for the care of immigrants and refugees, offering **free services for guidance, social support, and referrals to public policies**.

1. CRAI – Reference and Assistance Center for Immigrants: The main reference center that provides:

- Legal assistance;
- Migration regularization;
- Portuguese courses;
- Psychosocial support;
- Job market preparation;
- Referral to health, education, and social assistance services.

2. CRAS - Centro de Referência de Assistência Social: Part of the municipal social assistance network, focused on **families in vulnerable situations**.

3. POP Centers: Provide specialized services for **people living on the streets**, offering emergency care, shelters, or referrals to protection services.

There are also **municipal agencies dedicated to promoting human rights**, combating racism, supporting women, LGBTQIA+ people, the elderly, and children. **Even without full documentation**, in many cases migrants can access social assistance and essential services.

CONTACTS OF CIVIL ORGANIZATIONS SUPPORTING IMMIGRANTS

Organization	Services	Contacts and Addresses
Centro de Apoio Pastoral ao Migrante (CAMI)	Reception, guidance on rights, documentation, and social support	Phone: +55 (11) 3333-0847
Mawon	Legal assistance, migration regularization, Portuguese courses, cultural and socioeconomic integration	Phone/WhatsApp: +55 (21) 99869-8270
Centro de Direitos Humanos e Cidadania do Imigrante (CDHIC)	Legal assistance, guidance for regularization, social support	Address: Rua Luís Ferreira, 142, Tatuapé, São Paulo – SP, 03072-020
Centro do Imigrante	Citizenship projects, entrepreneurship, cultural and social actions	Address: Rua Dr. Costa Valente, 218, Brás, São Paulo – SP
Cáritas Arquidiocesana de São Paulo (CASP)	Legal, social, and psychosocial assistance, Portuguese and vocational courses	E-mail: caritassp@caritassp.org.br
Missão Paz	Reception, documentation, Portuguese courses, employability, temporary housing	Address: Rua Glicério, 225, Liberdade, São Paulo – SP
Pacto pelo Direito de Migrar (PDMIG) – África do Coração	Financial inclusion, microcredit for migrants and refugees	Address: Rua Venceslau Brás, 146 – Sala 801, Sé, São Paulo – SP
Integra Diversidade	Corporate training for companies supporting immigrant hiring	Phone: +55 (11) 96364-4429

ITTC – Instituto Terra, Trabalho e Cidadania	Social guidance, visits, and support for migrant women	Address: Rua Marquês de Itu, 298, São Paulo – SP
ADUS – Instituto de Reintegração do Refugiado	Support for refugees and asylum seekers: regularization, Portuguese courses, and employability.	Address: Av. São João, 313 – Centro, São Paulo – SP Phone: (11) 3225-0439 E-mail: adus@adus.org.br Website: adus.org.br

EMERGENCY NUMBERS

190 – Military Police: used in immediate risk situations, such as assaults, violence, fights, threats, or any crime in progress.

180 – Violence Against Women: for cases that require assistance, guidance, or to report domestic and sexual violence against women.

192 – SAMU (Mobile Emergency Medical Service): to request emergency medical care, for example, serious accidents, seizures, chest pain, or other severe health situations.

193 – Fire Department: for fires, collapses, traffic accidents with victims, falls, rescues at heights, drowning, or situations involving physical risk.

100 – Human Rights: to report human rights violations, including violence against children, women, the elderly, people with disabilities, migrants, and LGBTQIA+ individuals.

156 – São Paulo City Hall: to obtain information about city public services (health centers, schools, garbage collection, etc.), as well as to report irregularities in these services.

BASIC URBAN SAFETY GUIDELINES

- **Avoid using your cellphone on the street**, especially at bus stops, busy sidewalks, or near avenues with heavy movement.
- **Keep your belongings in front of your body**;
- **Always wear your backpack on your chest** in crowded places or public transportation;
- **Prefer well-lit and busy streets**, especially at night;
- **In case of robbery, do not react**. Preserve your physical safety first;
- When using **app-based transportation, always check the driver's photo, name, and vehicle plate** before entering;
- **Do not accept help from strangers at ATMs and avoid withdrawing large amounts** of money**.**

PUBLIC TRANSPORTATION: SUBWAY, BUS, TICKETS, AND INTEGRATION

1. SUBWAY

- **Line 1 – Blue:** crosses the city from north to south. From Tucuruvi to Jabaquara.
  - **Important stations:** Paraíso, Sé, Luz, Ana Rosa.
- **Line 2 – Green:** connects the east and west central regions. From Vila Prudente to Vila Madalena.
  - **Important stations:** Consolação, Ana Rosa, Paraíso, Vila Prudente.
- **Line 3 – Red: links east to west. The busiest line. From Corinthians-Itaquera to Palmeiras-Barra Funda.**
  - **Important stations:** Sé, República, Brás, Barra Funda.
- **Line 4 – Yellow:** from Luz to Vila Sônia.
  - **Important stations:** Pinheiros, Paulista, República.
- **Line 5 – Lilac:** connects the south to the blue and yellow lines. From Capão Redondo to Chácara Klabin.
  - **Important stations:** Santo Amaro, Brooklin, Chácara Klabin.
- **Line 15 – Silver (monorail):** connects to the green line. From Vila Prudente to Jardim Colonial.

2. CPTM – politan Trains

Besides subway lines, there are also motropolitan train lines: **7 - Ruby; 9 - Emerald; 10 - Turquoise; 11 - Coral; 12 - Sapphire; 13 - Jade**.

They reach areas not yet covered by the , especially **peripheral zones and nearby cities**. They operate like the subway, with regular schedules and integration through the Single Ticket system.

3. BUSES

The bus network is extensive and reaches nearly all neighborhoods.

***a) Types of lines*:**

- **Urban line:** runs within neighborhoods and avenues.
- **Night line ("Corujão"):** operates after midnight, replacing subway services.
- **Intercity (EMTU):** connects nearby cities in the metropolitan region.

TIPS

- Buses **display the line number and destination on the sign**.
- You can **ask the driver or fare collector if the bus goes where you need**.

4. SINGLE TICKET AND INTEGRATION

a) Types:

- **Common:** can be used by anyone;
- **Daily or monthly:** for frequent users;
- **Student:** for elementary, high school, or university students;
- **Transportation voucher:** for workers, provided by employers.

b) Benefits

- Allows **integration between subway and bus** while paying less;
- Integrations are valid for a period (usually 2 hours);
- Can be **recharged** at machines, newsstands, or apps.

GENERAL GUIDELINE: During rush hours (6–9 a.m. and 5–8 p.m.), subway and train cars are crowded. Keep an eye on your belongings and, if possible, use public transportation at other times.

FARES:

- **Subway:** R$5,20
- **Ônibus:** R$5,00
- Students with a Student Single Ticket pay half-price.

5. Bilhete TOP (do Estado — CPTM e Metrô)

O Bilhete TOP é um cartão estadual que substituiu o antigo Cartão BOM.
Ele é muito útil principalmente para quem usa trem e metrô com frequência, mas também funciona em ônibus intermunicipais da EMTU.

6. TOP Card (State – CPTM and Subway)

The TOP Card replaces the old BOM card.
Useful for frequent subway/train users; also works on intercity EMTU buses.

Where it works:

- CPTM trains
- São Paulo Subway
- Privately operated subway lines (Yellow 4 and Lilac 5)
- EMTU intercity buses
- **Note:** Does not replace the municipal Single Ticket of São Paulo.

Tips

- If you live or travel mainly within São Paulo city → the Single Ticket (Bilhete Único) is the best option.
- If you live in the politan area (Osasco, Santo André, Guarulhos, etc.) and use intercity buses → the TOP card is more useful.
- Many people use both cards depending on their routes.

6. HOW TO APPLY

a) Single Ticket (Bilhete Único):

Option 1: Online

- Go to: bilheteunico.sptrans.com.br
- Click on "Register" (Common Single Ticket).
- Fill out your personal information.
- Upload digital copies of your documents.
- Wait for approval (usually fast).
- Pick up your card at a service center or request delivery by mail.

Option 2: In person

Bring your ID and CPF to one of these locations:

- Bus terminals (e.g., Dom Pedro II Terminal, Terminal Bandeira).
- SPTrans service posts.

b) TOP Card

Via the app

- Download the TOP app – Transport Card (Android/iOS).
- Create an account using your CPF, email, and phone.
- Upload your ID (if required).
- Request a physical card via the app:
  - It can be delivered by mail (free of charge);
  - Or picked up at a registered distribution point.

Meanwhile, you can use the app's QR Code to access subway/trains.

7. WHAT TO DO IF YOU LOSE YOUR CARD

a) If you lose your Single Ticket (SPTrans):

- Block it immediately – you can do it online, by phone, or in person.

Online option:

- Access bilheteunico.sptrans.com.br and log in.
- Select "Block card" and choose "lost/stolen."

By phone:

- Call 156 (City Hall service) and request card blocking.

In person:

- Visit an SPTrans service post or bus terminal.
- After blocking, your balance will be protected, and you can request a replacement card.

b) If you lose your TOP Card (, CPTM, EMTU):

- Block it through the app:
  - Open the TOP app;
  - Go to "My Cards";
  - Select the lost card;
  - Click "Block card."
- After blocking, request a replacement card.

LIVING COSTS AND INITIAL FINANCIAL PLANNING

São Paulo's **cost of living is one of the highest in Brazil**, **varying significantly depending on the neighborhood, lifestyle, and personal needs**. For sustainable adaptation, plan your finances carefully.

Main expenses to be considered include **housing, food, transport, documentation, communication (internet and phone), plus occasional healthcare and emergencies**.

Housing is usually the biggest cost; **research neighborhoods, compare prices, and check infrastructure** and transport access and the region's safety before choosing.

Food can be optimized by shopping at **street markets, local fairs, and wholesale outlets** ("atacarejos").

Open a **bank account**, preferably in institutions that assist immigrants with documentation, helps organize paymentsk, receive salaries and manage budget.

Creating a **emergency fund**, even if small, makes adaptation easier and more stable. Be realistic in your initial planning and consider possible income variations.

HOUSING: HOW TO SEARCH, CONTRACTS, AND ESSENTIAL CARE

1. WHERE TO SEARCH FOR HOUSING

- **Online platforms:** OLX, Viva Real, Quinto Andar, Zap Imóveis.
- **Real estate agencies:** offer legally safer properties but usually require documents and guarantees.
- **Community networks:** immigrant groups, churches, cultural associations.
- **Universities**: for students, some offer housing or shared accommodation listings.
- **Temporary shelter:** for vulnerable people, vacancies may be available through CRAS or social assistance centers.

2. RENTAL CONTRACTS

The lease defines rights and duties of owner and tenant. Before signing:

- Check if costs like **condominium fees, property tax (IPTU) and utilities** are included.
- Confirm that **basic systems** (electricity, plumbing, gas) **are working**.
- Verify whether the place is **furnished, semi-furnished, or empty**.
- Review maintenance responsibilities (tenant vs. owner).
- **Visit in person** before signing.
- **Read all clauses** carefully and ask questions before signing.

3. CARE DURING THE RENTAL PERIOD

- **Pay rent and utilities on time**.

- **Keep all payment receipts;**
- **Inform** the landlord or real estate agency about any structural problem;
- **Do not make renovations without authorization**;
- When leaving, **return the property in good condition** to avoid deductions from the security deposit.

4. YOUR RIGHTS AS A TENANT

- Receive the property **in good condition**;
- Have **privacy:** the landlord cannot enter without authorization;
- Have **rent adjustments** only under the terms of the contract;
- **Be notified in advance** (usually 30 days) in the case of termination of the lease, when applicable.

FUNCTIONING OF BANKS AND PAYMENT METHODS

1. TRADITIONAL BANKS: operate from Monday to Friday, from 10 a.m. to 4 p.m. Their catalog of services includes:

- account opening;
- withdrawals;
- deposits;
- cards;
- transfers.

2. DIGITAL BANKS: operate through applications and are usually simpler for opening an account (some accept foreign documents).

- **Examples:** Nubank, Banco Inter, C6 Bank etc.

3. MOST COMMON PAYMENT METHODS IN BRAZIL

a) PIX: instant free transfer, available 24h per day. It is currently the most widely used method in the country.

b) Debit card: uses the available balance in a bank account for immediate transactions.

c) Credit card: accepted widely, including for online purchases and at some stations; also works as a payment method for transit. Purchases are charged monthly, and the limit is defined by the issuing bank according to the customer's financial profile.

d) Cash: less used nowadays, but still necessary in some small establishments and on buses.

BASIC LABOR RIGHTS AND GUIDANCE

Brazilian labor legislation guarantees a set of essential rights that apply equally to Brazilian and foreign workers in regular employment. Among these rights are:

- **Formal registration** in the Work and Social Security Card (CTPS Digital);
- **National minimum wage:** the amount below which a worker cannot be paid. In 2025, the value is R$1,518.00, with a forecast of R$1,631.00 for 2026. Collective bargaining agreements in some sectors may set wages above the minimum;
- **Working hours** regulated according to the rules of CLT (Consolidation of Labor Laws), which provides for a maximum of **44 hours per week**, generally distributed in up to 8 hours per day;
- When a worker exceeds the contractual hours, the employer must **pay overtime** with an increase of at least 50% over the normal hourly rate;
- As an alternative to direct payment overtime, the company and the employee may agree on a compensation system, called time bank.
- **Weekly paid rest:** at least one day per week, preferably on Sunday; In this model, hours worked beyond the working day are recorded for later rest, time off, or reduction of working hours;
- Every worker is entitled to **at least one day off per week**, with guaranteed pay even if no work is performed. Sunday is usually the day reserved for this, although other options may be adopted depending on the professional activity;
- **Annual vacation of 30 consecutive days** after 12 months of work, paid at full salary plus one-third. Under certain conditions, the law allows vacations to be divided into up to three periods, provided there is agreement between the employee and employer.
- **13th salary:** additional remuneration paid at the end of the year in one or two installments, equivalent to one month's salary. Those who have not worked the full year receive an amount proportional to the months worked.

- **FGTS (Severance Indemnity Fund):** the employer must deposit a percentage of the salary into an account linked to the worker, which can be withdrawn in specific situations, such as the purchase of property, retirement, or dismissal without cause;
- **Notice period:** a period that must be served or compensated when employment is terminated, varying according to the length of service and the time needed to find new employment;
- **Health and safety regulations at work:** a set of rules that ensure adequate working conditions, requiring employers to provide protective equipment and adopt safety measures under Regulatory Standards;
    - These also include **specific additional allowances**, such as hazard pay (when the worker performs activities exposed to harmful agents above legal limits) and the **night shift bonus** (for work performed between 10 p.m. and 5 a.m., whose rate is higher due to increased wear).

Formalizing the employment relationship is fundamental to ensure these guarantees and prevent abuse. Employers must register workers digitally in the CTPS and provide clear information about duties, wages, and working hours. In cases of irregularities, harassment, or poor working conditions, there are free channels for assistance.

Guidance can be obtained from professional unions, the Public Defender's Office, **Immigrant Reference Centers (CRAI)**, labor ministry offices, and **civil society organizations** that assist migrants and refugees. These services help with the review of employment contracts, in reporting irregularities, and in defending labor rights.

COMMON AND IMPORTANT PHRASES

GREETINGS AND BASIC INTERACTIONS

Hello / Hi → Olá / Oi
Good morning / Good afternoon / Good evening → Bom dia / Boa tarde / Boa noite
Please → Por favor
Thank you → Obrigado (a)
Excuse me / Sorry → Com licença / Me desculpe
How much is it? → Quanto custa?
I don't understand → Não entendi

- Can you speak more slowly? — Você pode falar mais devagar?

ASKING FOR INFORMATION

- Where is...? — Onde fica...?
- How do I get to...? — Como chego até...?
- Can you help me? — Você pode me ajudar?
- What is the address? — Qual é o endereço?
- Which bus/subway should I take? — Qual ônibus/metrô eu preciso pegar?
- How much does it cost? — Quanto custa?
- Which documents are required? — Quais documentos são necessários?

HEALTH

- I'm not feeling well; — Não estou me sentindo bem;
- I need a doctor; — Preciso de um médico;
- Is there emergency or urgent care? — Tem atendimento de urgência aqui?
- I have an allergy to... — Tenho alergia a...
- I am taking this medication. — Estou tomando este medicamento.

EMERGENCIES

- I need help! / Help! — Preciso de ajuda! / Ajuda!
- Can you call the police / an ambulance? — Pode chamar a polícia / ambulância?
- I lost my documents; — Perdi meus documentos;
- I was a victim of violence. — Fui vítima de violência.

LOCAL CULTURE AND SOCIAL ETIQUETTE

- It is polite to **greet people** with "oi", "bom dia", "boa tarde", or "boa noite". If someone says "oi, tudo bem?", it does not necessarily mean the person is interested in knowing how you are doing; it is preferable to simply reply "oi, tudo bem e com você?". This question is commonly used just as a polite extension of a greeting.
- On train/subway platforms and stations, avoid blocking the way and **keep to the right on escalators** (leave the left side free for those in a hurry).
- In public spaces, it is polite and expected to **offer seats to elderly people, pregnant people, and people with disabilities**.
- **Punctuality** is valued in work and study settings; in social life, there is more flexibility regarding time and schedules.

- Brazilians are usually communicative, so **informal conversations** in various places are common in daily life, but **avoid sensitive topics with strangers** (e.g., religion, politics, etc.).

TIPS FOR LIVING IN NEIGHBORHOODS AND COMMUNITIES

Adapting to the daily life of São Paulo's neighborhoods involves understanding **social dynamics, neighborhood habits, and ways of using shared spaces**, which, even if they seem simple, directly influence the sense of belonging and harmony in coexistence. This adaptation happens gradually, as newcomers observe local practices, interact with residents, and recognize how the community functions. The following guidelines help this process:

- **Respect for shared space:** it is important to keep **silence after 10 p.m.**, observing the PSIU Law (Urban Silence Program); follow **condominium rules**, avoid blocking corridors, hallways, or common areas, and **keep shared spaces clean**, such as stairs, courtyards, and service areas.
- **Interaction with neighbors:** coexistence is usually cordial and discreet. **Greeting, asking for information politely, and observing how people deal with privacy** help create a harmonious environment. Some neighborhoods are more sociable, while others value greater reserve, and adapting to the local dynamic contributes to building trust.
- **Use of public space:** squares, parks, sidewalks, bus stops, and street markets are important meeting points for coexistence. It is recommended to **avoid blocking passageways, respect lines, give priority to elderly and pregnant people (leave seats/benches free), and preserve cleanliness**. Those who bring pets should **pick up waste** and follow the guidance posted by public services.
- **Daily routines:** punctuality, respect for schedules, and organization are appreciated, especially for work or service contexts. For leisure and socializing, there is greater flexibility. **Planning routines**, including better times and routes for moving around the city, helps save time and money. Getting to know local businesses, public services, and community events helps the newcomer fit into the city's rhythm.
- **Safety care: well-lit and busy places** are safer and well recommended for walking. Avoid displaying valuables such as jewelry and cell phones; **pay attention when using your phone** in very crowded or very empty places, as well as on public transport and in areas with heavy movement.
- **Waste collection and proper disposal:** the city has **specific days and times**

for domestic waste collection, which vary by address. Keep trash **tightly sealed**, place it **outside only** at the indicated times, and **separate recyclables** whenever possible; this improves coexistence and avoids litter on the streets. Residents can check the **collection days and times** for their address on the official website: prefeitura.sp.gov.br/web/sprequal_w/consultar-coleta.

MAIN CITY LANDMARKS

Exploring São Paulo helps newcomers understand the city's multifaceted identity and gain autonomy in their movements. Among the most relevant places are:

- **Avenida Paulista:** cultural symbol of the city, with cultural venues, museums, cafés, shopping centers, restaurants, and heavy pedestrian flow. On Sundays, from 10 a.m. to 4 p.m., the avenue is **closed to cars** and becomes a leisure area for pedestrians and cyclists.
- **Historic Center:** here you will find **Pátio do Colégio, Praça da Sé, the São Bento Monastery, Rua 25 de Março, Farol Santander**, and several historic streets that reveal São Paulo's history.
- **Ibirapuera Park:** one of the largest green areas in the city, ideal for **leisure, physical activities, and museum visits**.
- **Liberdade:** a neighborhood known for the **Japanese community**, with shops, restaurants, and traditional festivals.
- **Pinacoteca, Estação da Luz, and Museum of the Portuguese Language:** important **cultural and architectural references**.
- **Municipal Market:** famous for **traditional food** and typical products. Try the **mortadella sandwich** and **pastel**.
- **Vila Madalena:** a **bohemian** neighborhood known for street art, night spots, bars, restaurants, cafés, and cultural centers.
- **Bixiga:** a neighborhood with strong **Italian-Brazilian influence**, with theaters, samba circles, and typical cuisine.

UNIVERSITY OF SÃO PAULO

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